MEDAL--Medals were not known in Ladák in the days of the Ladák Rajas; but soldiers who distinguished themselves in the field, were given grants of land. 703 423

[102]METEMPSYCHOSIS--Ladákis are believers in the theory of metempsychosis or the transmigration of souls; skieywa thop ches is the word used to signify re-embodiment of a "soul" or "life." They think that re-births are according to merit, that is to say, that if a man has led a virtuous life in this world, he will get a better re-birth than if he had led a vicious life. A very great and good man may take re-birth as a "skooSHok," (see "Incarnation"), but that is a very unusual occurrence. There are six classes into which ordinary re-births take place--the first on the list is the most to be desired, and each succeeding one is worse than the one before it. 775 779

(1) hla (gods or fairies); (2) hlámáeen (demi-gods); (3) mee (man); (4) tutro or tudro (animal); (5) eedak (a fabulous animal supposed to be always suffering from hunger and thirst, owing to its having a huge belly, but a long thin neck like, a hair of a horses tail, and through which sufficient nourishment can never pass to satisfy the cravings of stomach); (6) ngiálwa (hell, but unlike the Christian hell it is only for a time; for according to the Buddhist religion there is no such a thing as everlasting punishment).

The expression "tharlam (or tharpa) thop ches" signifies "to escape from further re-births," and "chirmeeldzokpa" signifies "one who has attained nirvána, and will not return to earth."

MILE--The word "mile" is not generally understood, but most Ladákis have an idea as to the "kós" which they put down at about a mile and a half. The ordinary way of measuring long distances is by the "ngeemachik" or ngeenlamchik, or "days journey," consisting of about 12 miles. For short distances they measure by the "thán," i.e., plateau, or fan, but as a "thán" may measure a few hundred yards or several miles, this system of measurement is not of much use. For particulars regarding the "migthong" and other measures of distance, see under the heading "Lineal measure". 804

MILL--ranthak (water-mill) hlungskhor (wind-mill, to be seen in Chángthán not in Ladak; they are very small, and only grind about 2 pounds of grain per diem), lakskhor (hand-mill). 256●

13: Heber and Heber D-3 (1914-25) 1926 AJ4 W. Tibetans AJ4

swept up with it from the threshing-floor are easily separated, washing it, spreading it out in the sun to dry, watching it the while so that birds do not steal it, then sending it to the miller in large sacks, and sitting to watch it being milled so that none is stolen by him, for which cause the flour should also be weighed before and after grinding. The mill itself is as effective as it is simple. Below is a large flat stone, above and resting upon it is another, connected with a paddle on which the water impinges, thus driving it. In the centre of the upper mill-stone there is a hole through which the grain drops from a cone-shaped basket, getting thus between upper and nether mill-stone. To keep the cereal running gently, a goat's horn is attached to the basket and allowed at its other end to touch the rotating stone, whose roughness keeps the basket gently shaking. A trough is dug round the edge of the circular mill-stones, and in this the flour collects. The whole is picturesquely housed in a little stone and mud hut, which is placed over a rapidly flowing watercourse, the momentum of which is increased by a sudden drop before entering the mill.